



# ***SUICIDE PREVENTION***



## **In The Army's Suicide Prevention Program**

***Everyone Matters***



# ***Goal of the Army Suicide Prevention Program***



**TO MINIMIZE SUICIDAL BEHAVIOR  
AMONG OUR SOLDIERS, RETIREES,  
CIVILIANS AND FAMILY MEMBERS.**



# ***Chief of Staff of the Army Statement***



**The CSA stated suicide is a “serious problem” and directed a complete review of the ASPP. He called for a campaign that would refine the ASPP by making use of the best-known available science, and would also invigorate suicide prevention awareness and vigilance.**



# ***Chief of Staff of the Army Statement (cont)***



**He further stated that for the program to be effective, the framework must:**

- **involve all commanders**
- **be proactive**
- **intensify preventive efforts against suicidal behavior**
- **invest in our junior leaders**
- **improve current training and**



# ***Possible Mental Disorders***



- **Impulsive or aggressive-violent traits**
- **Previous other self-injurious acts**
- **Excessive anger, agitation, or constricted preoccupations**
- **Excessive alcohol use**
- **Heavy smoking**
- **Evidence of any sleep or eating disorder**



# ***Suicide Potential “Triggers”***



- **Loss of a loved one to illness or death**
- **Loss of a significant, intimate relation**
- **Loss of a child custody**
- **Loss of friendship or social status**
- **Loss of job, or rank**



# ***Suicide Potential “Triggers” (cont)***



- **Loss of freedom**
- **Loss of financial security**
- **Loss of self esteem**
- **Loss of hope or feeling helpless**
- **Loss or change in lifestyle**



# ***Suicide Immediate Danger Signs***



- **Talking or hinting about suicide**
- **Formulating a plan to include a the means to kill oneself**
- **Having a desire to die**
- **Obsession with death including listening to sad music or poetry or artwork**
- **Themes of death in letters and notes**
- **Finalizing personal affairs**
- **Giving away personal affairs**





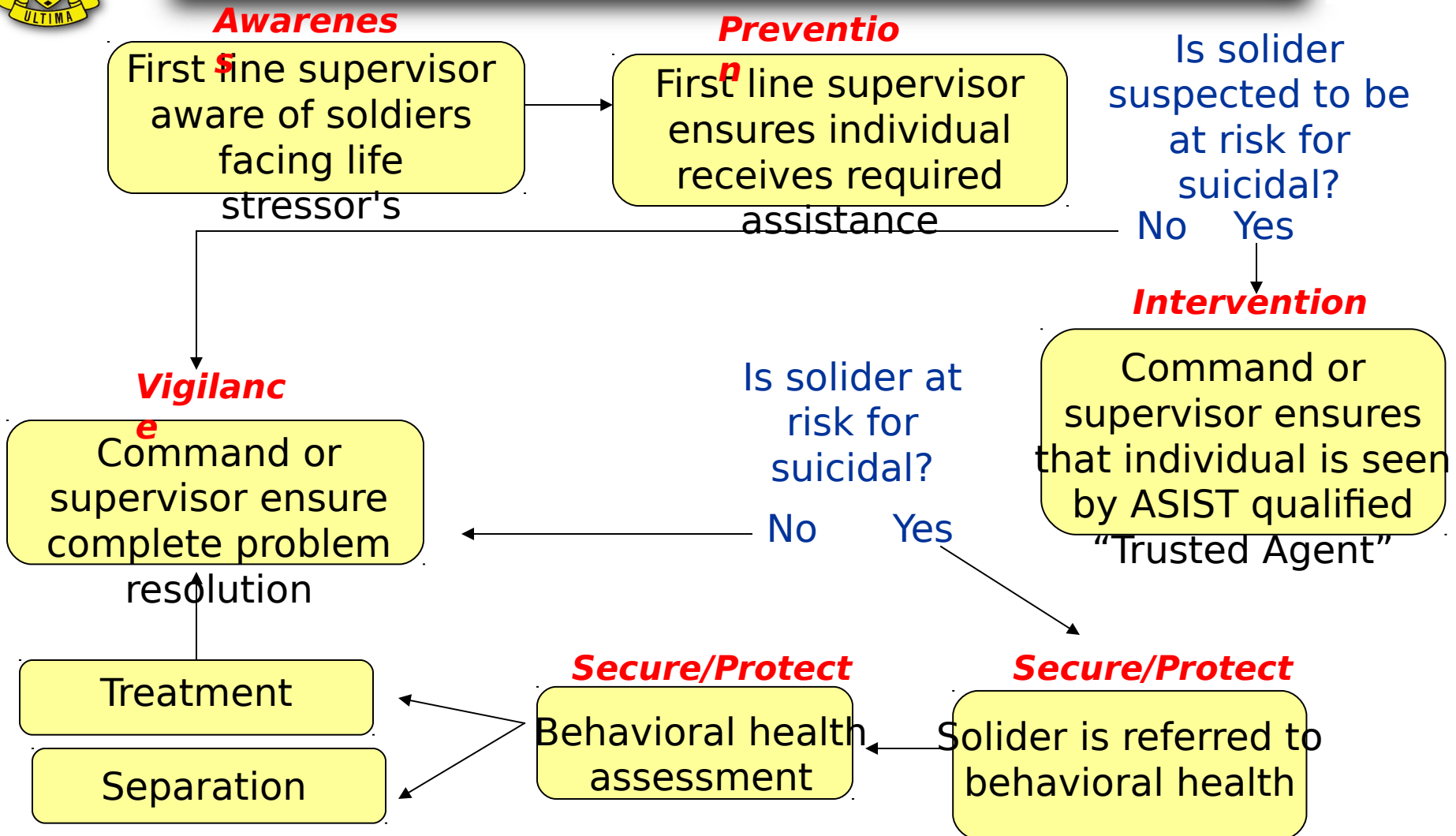
# ***Suicide Warning Signs***



- **Oblivious drop in duty performance**
- **Unkempt personal appearance**
- **Feeling of Hopelessness or helplessness**
- **Family history of suicide**
- **Made previous suicide attempts**
- **Drug or alcohol abuse**
- **Social withdrawal**
- **Loss of interest in sexual activity**
- **Reckless behavior, self-mutilation**
- **Physical health complaints, changes/loss of appetite**
- **Complaints of significant difficulties**



# The Army Suicide Prevention Model





# ***Suicide Intervene***



## **INTERVENE**

**Intervention is the barrier that prevents any life crisis or mental disorder to lead to thoughts of suicide**



# ***Intervention***



## **INTERVENTION**

- **Suicide Awareness and Vigilance**
- **Integrated & Synchronized Unit and Community wide support**
- **Assured Problem Resolution**



# ***Applied Suicide Intervention Skills Training (ASIST)***

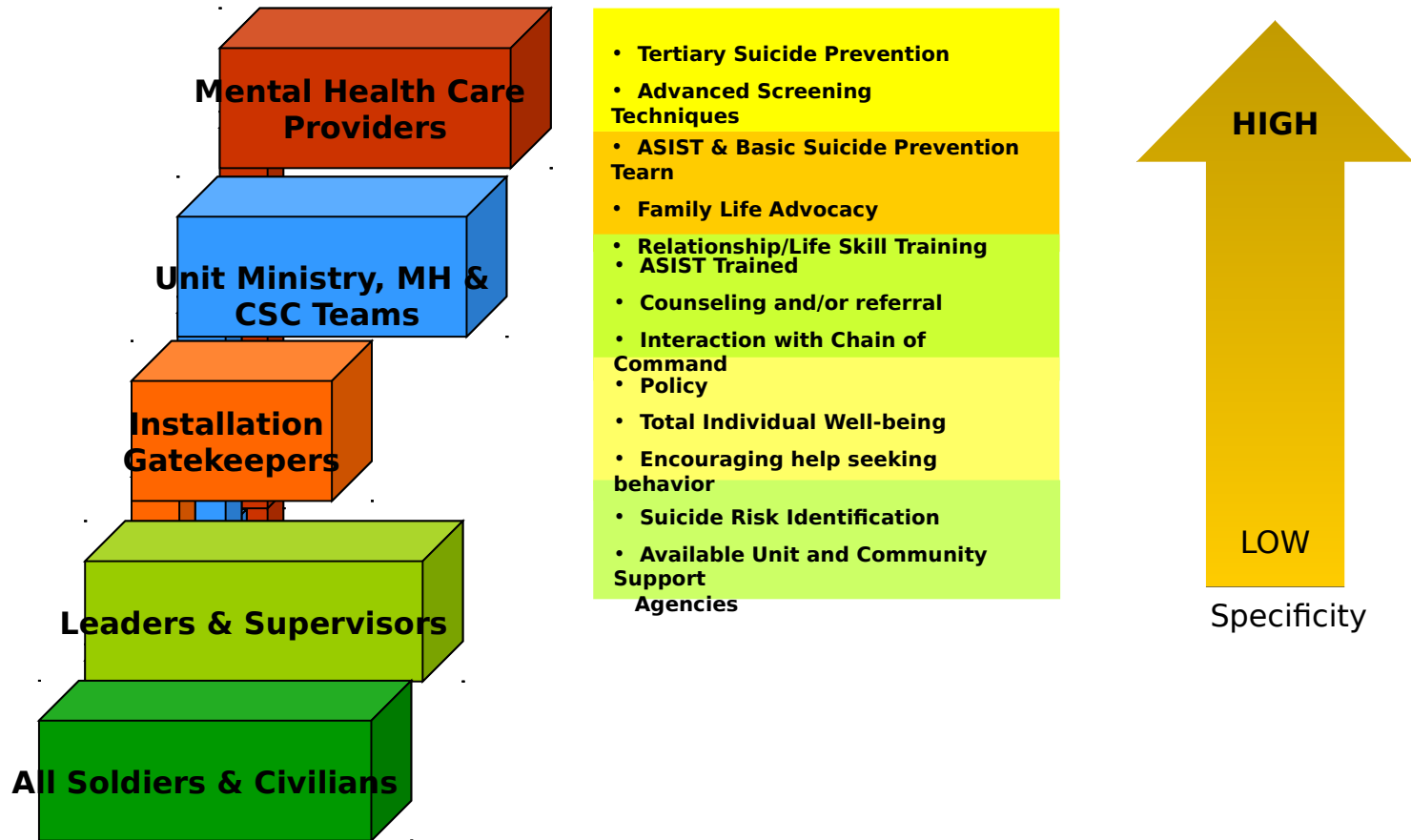


## **ASIST:**

- **Workshop to train unit leadership in preparation for applying the immediate “first-aid to potential “at risk” individuals**
- **ASIST “T-2” is a two day workshop for gatekeepers**
- **ASIST “T4T’s are 2 qualified trainers of ASIST “T-2”, 1 should be the installation Family Life Chaplains**



# Army Suicide Awareness Training Model





# ***Installation Gatekeepers***



## **Primary Gatekeepers**

**Chaplain & Chaplain  
Assistance  
ADAPCP Counselors  
Family Advocacy Program  
workers  
AER  
Emergency room medical  
technicians  
Medical Health  
Professionals**

## **Secondary Gatekeepers**

**Military Police  
Trial Defense  
Lawyers  
Youth Services  
Inspector General  
Office  
DoD School  
Counselors  
MWR Workers  
Red Cross Workers**



# ***Commander's Responsibilities***



**Once a soldier or civilian experiencing a “life crisis,” is identified, it is the responsibility of the commander to ensure that that individual not only receives the proper crisis intervention, but that the problem has been fully resolved.**





# SUMMARY



**Suicide Prevention is Everybody's  
Business and in The Army,  
*EVERYONE MATTERS!***